AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application.

Listing Of Claims:

1-48.   Cancelled

49.   (Currently amended) A method for controlling body weight utilized by an online personalized weight control program, comprising:

receiving, by a computer system, identification of a user, wherein the identification of the user comprising an initial profile representative of characteristics of the ~~a~~ user comprising an initial weight of the user;

providing, by a computer system, based at least in part on the initial profile associated with the user, at least one first dietary recommendation, wherein the at least one first dietary recommendation is based at least in part on the initial weight of the user and comprising, for at least one first food, a first quantity, a first type, or a combination thereof, which is recommended to control body weight of the user;

providing, by a computer system, a plurality of interoperable selectable weight control elements for access by the user to personalize the at least one first dietary recommendation;

forming, by a computer system, a dataset based on the initial profile associated of the user and the at least one first dietary recommendation personalized by the user;

receiving, by a computer system, ~~un~~ an updated data associated with the user, wherein the updated data comprising an updated weight of the user;

automatically updating, by a computer system, the dataset in accordance with the received updated data such that based in part on the updated weight of the user, the at least one first dietary recommendation personalized by the user is automatically updated in the first quantity, the first type, or the combination thereof;

automatically altering, by a computer system, at least one second dietary recommendation to be provided to the user, wherein the at least one second dietary recommendation is based at least in part on the updated <u>weight of the user from the updated</u> dataset and comprising, for at least one second food, a second quantity, a second type, or a combination thereof, which is recommended to control body weight of the user; and

storing, by a computer system, the updated dataset, wherein the updated dataset comprising the at least one second dietary recommendation and being utilized by the user to control body weight.

50.   (Previously presented) The method according to claim 49, wherein the plurality of interoperable selectable weight control elements include at least one of food and exercise items.

51.   (Previously presented) The method according to claim 49, wherein the forming of the dataset is a function of a predetermined set of rules operable to control weight.

52.   (Previously presented) The method according to claim 49, wherein the at least one first and second dietary recommendations comprising predetermined meals each having a total food value associated therewith.

53.   Cancelled.

54.   (Previously presented) The method according to claim 49, wherein the plurality of interoperable selectable weight control elements include a journal interface operable to provide a daily listing of foods for consumption in accordance with the personalized weight control program.

55.   (Previously presented) The method according to claim 54, wherein the foods are alterable to establish a different daily listing of foods for consumption.

56.   (Original) The method according to claim 54, further comprising crediting future daily listings based on a total food value of the daily listing being below a target value.

57.   (Original) The method according to claim 56, wherein the target value is a maximum number of values as a function of food consumption and activities allotted by the weight control program.

58.   (Original) The method according to claim 56, wherein said crediting is performed for a predetermined number of days.

59.   (Previously presented) The method according to claim 49, further comprising:

receiving, by a computer system, from the user, at least one recipe, comprising a plurality of ingredients; and

automatically updating, by a computer system, based on the updated dataset, information on what quantity of a meal made in accordance with the at least one recipe is appropriate to control body weight of the user.

60-80. Cancelled.

81. (Currently amended) The method according to claim 59, wherein <u>the user is a member of a community of users of the online personalized weight control program and wherein</u> the received at least one recipe is shared by the user with <s>a</s> <u>the</u> community of users of the online personalized weight control program.

82. (Previously presented) The method according to claim 81, wherein the at least one shared recipe is associated with at least one portion of information from the updated dataset of the profile of the user and wherein the at least one portion of information is shared with the community of users of the online personalized weight control program.

83.   (Currently amended) A computer system for controlling body weight to support an online personalized weight control program, comprising:

i) memory having at least one region for storing computer executable program code; and

ii) a processor for executing the program code stored in the memory, wherein the program code comprising:

software code to receive identification of a user, wherein the identification of the user comprising an initial profile representative of characteristics of the user comprising a initial weight of the user;

software code to provide, based at least in part on the initial profile associated with the user, at least one first dietary recommendation, wherein the at least one first dietary recommendation is based at least in part on the initial weight of the user and comprising, for at least one first food, a first quantity, a first type, or a combination thereof, which is recommended to control body weight of the user;

software code to provide a plurality of interoperable selectable weight control elements for access by the user to personalize the at least one first dietary recommendation;

software code to form, by a computer system, a dataset based on the initial profile associated of the user and the at least one first dietary recommendation personalized by the user;

software code to receive ~~un~~ an updated data associated with the user, wherein the updated data comprising an updated weight of the user;

software code to automatically update the dataset in accordance with the received updated data such that, based in part on the updated weight of the user, the at least one first dietary recommendation personalized by the user is automatically updated in the first quantity, the first type, or the combination thereof;

software code to automatically alter at least one second dietary recommendation to be provided to the user, wherein the at least one second dietary recommendation is based at least in part on the updated weight of the user from the updated dataset and comprising, for at least one second food, a second quantity, a second type, or a combination thereof, which is recommended to control body weight of the user; and

software code to store the updated dataset, wherein the updated dataset comprising the at least one second dietary recommendation and being utilized by the user to control body weight.

84.   (Previously presented) The computer system for controlling body weight to support the online personalized weight control program of claim 83, wherein the plurality of interoperable selectable weight control elements include at least one of food and exercise items.

85.   (Previously presented) The computer system for controlling body weight to support the online personalized weight control program of claim 83, wherein the software code to form the dataset represent a function of a predetermined set of rules operable to control weight.

85.   ~~(New) The computer system for controlling body weight to support the online~~
~~personalized weight control program of claim 83, wherein the at least one first and second~~
~~dietary recommendations comprising predetermined meals each having a total food value~~
~~associated therewith.~~

86.   (Previously presented) The computer system for controlling body weight to support the
online personalized weight control program of claim 83, wherein the plurality of interoperable
selectable weight control elements include a journal interface operable to provide a daily listing
of foods for consumption in accordance with the personalized weight control program.

87.   (Previously presented) The computer system for controlling body weight to support the
online personalized weight control program of claim 83, wherein the foods are alterable to
establish a different daily listing of foods for consumption.

88.   (Previously presented) The computer system for controlling body weight to support the
online personalized weight control program of claim 87, further comprising software code to
credit future daily listings based on a total food value of the daily listing being below a target
value.

89.   (Previously presented) The computer system for controlling body weight to support the
online personalized weight control program of claim 88, wherein the target value is a maximum
number of values as a function of food consumption and activities allotted by the weight control
program.

90.   (Previously presented) The computer system for controlling body weight to support the
online personalized weight control program of claim 87, wherein the crediting is performed for a
predetermined number of days.

91.   (Previously presented) The computer system for controlling body weight to support the
online personalized weight control program of claim 83, further comprising:

software code to receive, from the user, at least one recipe, comprising a plurality of ingredients; and

software code to automatically update, based on the updated dataset, information on what quantity of a meal made in accordance with the at least one recipe is appropriate to control body weight of the user.

92. (Currently amended) The computer system for controlling body weight to support the online personalized weight control program of claim 91, wherein the user is a member of a community of users of the online personalized weight control program and wherein the received at least one recipe is shared by the user with a the community of users of the online personalized weight control program.

93. (Previously presented) The computer system for controlling body weight to support the online personalized weight control program of claim 92, wherein the at least one shared recipe is associated with at least one portion of information from the updated dataset of the profile of the user and wherein the at least one portion of information is shared with the community of users of the online personalized weight control program.

94.   (New) The computer system for controlling body weight to support the online personalized weight control program of claim 83, wherein the at least one first and second dietary recommendations comprising predetermined meals each having a total food value associated therewith.